

I claim:

1. A method of preventing headaches in a subject in need thereof, comprising,
administering to said subject an amount of threo-3-(3,4-dihydroxyphenyl)serine, or a
pharmaceutically-acceptable salt thereof, which is effective to prevent said headaches, with
5 the proviso that said subject does not have Parkinson's disease.
2. A method of claim 1, consisting essentially of administering threo-3-(3,4-
dihydroxyphenyl)serine, or a pharmaceutically-acceptable salt thereof.
- 10 3. A method of claim 1, with the proviso that a serotonin precursor is not administered.
4. A method of claim 1, with the proviso that benserazide is not administered.
5. A method of claim 1, wherein said threo-3-(3,4-dihydroxyphenyl) serine is the L-
15 form.
6. A method of claim 1, wherein said headaches are migraine headaches.
7. A method of claim 1, wherein said headaches are tension-type headaches.
- 20 8. A method of claim 1, wherein said headaches are premenstrual headaches.
9. A method of claim 1, wherein said preventing is reducing the frequency of said
headaches.
- 25 10. A method of preventing headaches in a subject in need thereof, comprising,
administering to said subject an amount of a threo-3-(3,4-dihydroxyphenyl) serine
derivative, or a pharmaceutically-acceptable salt thereof, which is effective to prevent said
headaches, with the proviso that said subject does not have Parkinson's disease.
- 30 11. A method of claim 10, consisting essentially of administering a threo-3-(3,4-
dihydroxyphenyl)serine derivative, or a pharmaceutically-acceptable salt thereof.

12. A method of claim 10, with the proviso that a serotonin precursor is not administered.
13. A method of claim 10, wherein said threo-3-(3,4-dihydroxyphenyl)serine derivative is
5 the L-form.
14. A method of claim 10, wherein said headaches are tension-type headaches.
15. A method of claim 10, wherein said headaches are premenstrual headaches.
- 10 16. A method of claim 10, wherein said preventing is reducing the frequency of said headaches.
17. A method of claim 10, wherein said derivative is an N-methyl-3-(3,4-
15 dihydroxyphenyl)serine alkyl ester.
18. A method of preventing headaches in a subject in need thereof, comprising,
administering to said subject an amount of a norepinephrine precursor which is
effective to prevent said headaches, with the proviso that a serotonin precursor is not
20 administered and that said subject does not have Parkinson's disease.
19. A method of claim 18, consisting essentially of administering said norepinephrine
precursor.
- 25 20. A method according to claim 18, wherein said norepinephrine precursor is threo-3-
(3,4-dihydroxyphenyl)serine.
21. A method according to claim 18, wherein said norepinephrine precursor is the L-form
of threo-3-(3,4-dihydroxyphenyl)serine.
- 30 22. A method according to claim 18, wherein said norepinephrine precursor is a substrate
of the enzyme dopa decarboxylase that can be converted to norepinephrine.

23. A method according to claim 18, wherein the norepinephrine precursor is a substrate of the enzyme dopamine beta-hydroxylase that can be converted to norepinephrine.
- 5 24. A method of claim 18, wherein said headaches are tension-type headaches.
25. A method of claim 18, wherein said headaches are premenstrual headaches.
26. A method of claim 18, wherein said preventing is reducing the frequency of said
10 headaches.
27. A method of preventing headaches in a subject in need thereof, comprising, administering to said subject an amount of threo-3-(3,4-dihydroxyphenyl)serine, a derivative thereof, or a pharmaceutically-acceptable salt thereof, which is effective to
15 increase the threshold for triggering said headaches, thereby preventing said headaches.
28. A method of claim 27, wherein said threo-3-(3,4-dihydroxyphenyl) serine is the L-form.
- 20 29. A method of claim 27, wherein said headaches are migraine headaches.
30. A method of claim 27, wherein said headaches are tension-type headaches.
31. A method of claim 27, wherein said headaches are premenstrual headaches.
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32. A method of claim 26, wherein said preventing is reducing the frequency of said headaches.
33. A method of claim 1, wherein threo-3-(3,4-dihydroxyphenyl) serine, or a
30 pharmaceutically acceptable addition salt thereof, is administered with a decarboxylase inhibitor.